

Pancakes

Meal Components: Grains

Breads, A-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	1. Combine flour, baking powder, salt, dry milk, and sugar in mixing bowl. Mix for 3 minutes on low speed.
baking powder		2 Tbsp		1/4 cup	
Salt		3/4 tsp		1 1/2 tsp	
Instant non-fat dry milk		1/2 cup		1 cup	
Sugar		2 Tbsp 2 tsp		1/3 cup	
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp	2. In a separate bowl, combine eggs, water, and oil. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl.
OR		OR		OR	
Fresh large eggs		5 each		9 each	
Water		2 1/2 cups 2 Tbsp		1 qt 1 1/4 cups	

3. Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy.
4. Portion batter with level No. 20 scoop (3 ? Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil griddle surface.)
5. Cook until surface of pancakes are covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute.
6. Serve immediately.
7. Portion is 1 pancake.
8. No CCP necessary.

Notes

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Serving	Yield	Volume
1 pancake provides the equivalent of 1 slice of bread.	25 Servings: 25 (4-inch) pancakes	25 Servings: 1 quart 1 ¼ cups (batter)
	50 Servings: 50 (4-inch) pancakes	50 Servings: 2 quarts 2 ½ cups (batter)

Nutrients Per Serving					
Calories	129	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol	39 mg	Calcium	89 mg
Carbohydrate	16 g	Vitamin A	90 IU	Sodium	207 mg
Total Fat	5 g	Vitamin C		Dietary Fiber	1 g